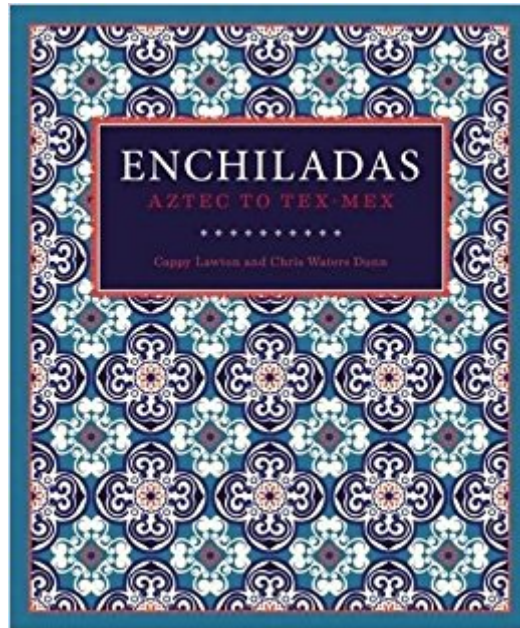




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# Enchiladas: Aztec To Tex-Mex



## Synopsis

Enchiladas: Aztec to Tex-Mex is an in-depth exploration of one of Mexico's most historic and popular foods. Illustrated with sumptuous photography, the book showcases more than sixty traditional and contemporary recipes for enchiladas, as well as recipes for the salsas, salads, and sides that accompany them. The enchilada is more than an everyday Mexican food. It is the history of a people--rolled, folded, and flat--that embodies thousands of years of Mexican life. The evolving ingredients in enchiladas from pre-Columbian to modern times reveal the internal and external forces that have shaped the cuisine and culture of a nation. In this definitive cookbook, you'll explore every aspect of this iconic food, as well as gain insights into many popular Mexican ingredients, including herbs, spices, cheeses, and chiles. You'll learn the basic techniques for making many staples of the Mexican cocina, such as homemade tortillas, queso fresco, crema Mexicana, and chorizo. With Enchiladas: Aztec to Tex-Mex, you can prepare enchiladas in the traditional Mexican way--with loving hands. With this book, you'll learn to make corn tortillas from scratch, including colorful flavor-infused versions. Fire roast fresh chiles and prepare dried chiles for enchilada sauces and moles. Dry roast tomatoes, onions, garlic, and chiles using a traditional comal (griddle). Make your own homemade queso fresco, crema Mexicana, and chorizo. Prepare tender pot beans and savory refried beans. Cook perfect Mexican rice--six ways. Prepare chicken, pork, beef, seafood, and vegetables for fillings. Enchiladas: Aztec to Tex-Mex is also packed with information about many other key ingredients of Mexican cuisine, including avocados, tomatoes, tomatillos, and nopales (cactus). A section on Mexican cheeses describes their flavors, textures, melting properties, and possible substitutes. Fresh and dried chiles used in enchilada cookery are presented, along with a description of their flavor profiles, heat levels, and specific uses. Experience the history of Mexico through its most delicious ambassador, the enchilada!

## Book Information

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## Customer Reviews

Winner for USA - Best Latin American Cuisine Book published outside Latin America in the 2015 Gourmand World Cookbook Awards; Enchiladas is a fabulous book. — [Huffington Post](#); A fascinating book with some of the tastiest enchiladas you could ever imagine. The breadth from the history of the technique from the earliest times in Mexican cuisine to the very useful descriptions of the world of Mexican cheeses makes this book a great addition to the kitchen library of anyone who cooks Mexican food or loves to eat it. — [Mark Miller](#), chef and author of *Coyote Cafe*, *Tacos*, and *The Great Chile Book*; Enchiladas is an expertly crafted collection of delicious recipes that will teach you the essentials of Mexican cooking while guiding you on a mouthwatering journey through the regional nuances of one of Mexico's dearest antojos; the enchilada; from Yucatán to Baja California and all the way into Texas. It's a must for anyone who loves Mexican (and Tex Mex) food! — [Pati Jinich](#), chef, author, and host of *Pati's Mexican Table*; Cappy Lawton and Chris Waters Dunn have done a miraculous job capturing the love of enchiladas, not just in wonderful recipes but in stunning photographs as well. It is a marvelous compilation. The love of enchiladas never grows old; it's a flame that can be forever kindled. Here's the perfect book to make that lovely fire blaze. — [Robert Del Grande](#), chef at *Café Annie*; An impressive and comprehensive work with delicious detail on everything you need to know about enchiladas. Required reading Mexican food aficionados. — [Anne Lindsay Greer](#), author of *Cuisine of the American Southwest* "Enchiladas: Aztec to Tex-Mex has legs; it could essentially help spread the gospel of enchiladas callejeras, or Tex-Mex, across the country." — [San Antonio Current](#) "[Lawton and Dunn] use the storied dish as a lens to illuminate the rich history of Mexico." — [San Antonio Express-News](#) "Restaurateur Cappy Lawton and acclaimed food writer Chris Waters Dunn explore the history, flavors and recipes of the enchilada, which has become one of the most beloved dishes in the world." — [The Rivard Report](#) "A world of enchiladas you can learn to make in your own kitchen." — [La Prensa](#)

Cappy Lawton has designed, developed, and operated 29 restaurants throughout Texas. After studying business and engineering at the University of Texas at Austin and having a successful career as a corporate engineer, he entered the restaurant business. Lawton and his wife, Suzy, love food and travel and have spent many years traveling throughout Mexico. Today the Lawtons and their son own and operate three restaurants in San Antonio: La Fonda on Main, Cappy's, and Cappuccino's. Chris Waters Dunn is a San Antonio native and holds a graduate degree in creative writing from the University of Denver. Dunn worked for decades in Nashville as a songwriter and record producer. As Chris Waters, he wrote dozens of hits, including nine #1 country songs. Dunn retired from the music business to pursue a second career in culinary studies, graduating with honors from the Culinary Institute of America.

A beautiful oversized cookbook. This cookbook is very complete. The first 10 or so pages show pictures of future dishes followed by basic ingredients and how to purchase, store, and make in house Crema Mexicana, tortillas and chorizo. A detailed list of Mexican cheeses is included with each identified and discussed. Spices follow with information on how to preserve fresh cilantro for more than a week. A bonus in itself ! And since lard is a cultural staple it also tells how to render your own. And it is actually less total fat per tablespoon than other oils. Beans and rice follow with recipes. We finally arrive at the enchiladas with pork as the featured meat. A large variety of recipes follow including enchiladas potosinas, an empanadas style and enchiladas tultecas which is an open faced style. The beef section is small as beef is not a commonly used meat in Mexico. Chicken and poultry follow with pastel Azteca, a layered casserole dish and enchiladas de pato (duck) . From Guadalajara comes enchiladas tapatias, a favorite of Frida Kahlo. To complete the book, seafood and then dairy and egg enchiladas follow. If you are a vegetarian then eggplant, spinach, potato cheese and sweet potato are included. And for those who can't live without the lure of tex mex the end of the book will satisfy you. But hopefully by then you will have grown to appreciate all of the more traditional enchiladas. All of the recipes are well presented and easy to follow. While some of the ingredients will be hard to find in a grocery store a good Mexican grocery will be a marvelous source for the more unusual. This is an excellent cookbook if you want to move easily past the standard Tex mex restaurant enchiladas.

I bought this terrific cookbook for myself and friends. We all love it. Here is what one of my friends said about it (I couldn't say it better myself!): "This book is incredible. I have read the first 50 pages

and have only covered preparing ingredients and preparation. It is extremely well-organized and easy to comprehend. The basics of Mexican food preparation are really interesting. He has so many tips on enhancing flavors it's unbelievable."

This is a beautiful book that is well written and has spectacular recipes. I love how the author goes through ingredients and the basics (how to make roasted chiles, tortillas, etc.) before jumping into diverse, easy to follow enchilada recipes. If you are a lover of traditional Mexican/New Mexico food, you must add this to your cookbook collection.

Opened ;my eyes to different flavors.

Gave this as a gift for Christmas and have to say that she adores it! And I have been the beneficiary of some seriously good, authentic Mexican dinners

Beautifully illustrated, easy to follow directions for creating outstanding Mexican cuisine. A GREAT addition to any cookbook collection! What a culinary treasure!

Gorgeous and beautifully illustrated. My only complaint is that they did not put as much emphasis on the history of the enchilada as I had hoped they would!

Beautifully done in every way! Great recipes for so many more enchiladas than most people ever taste. I am giving a copy to several friends for Xmas.

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